Building 90

Safety Meeting

14 December 2005

Agenda

- Meeting minutes, 11/22/05
- Review of open actions
- Topics of the Month: Hodge Podge
- Miscellaneous info
- Questions

Meeting Minutes

- **Sent via email, 30 Nov 2005**
- **Actions: ALL - Find new assembly point**

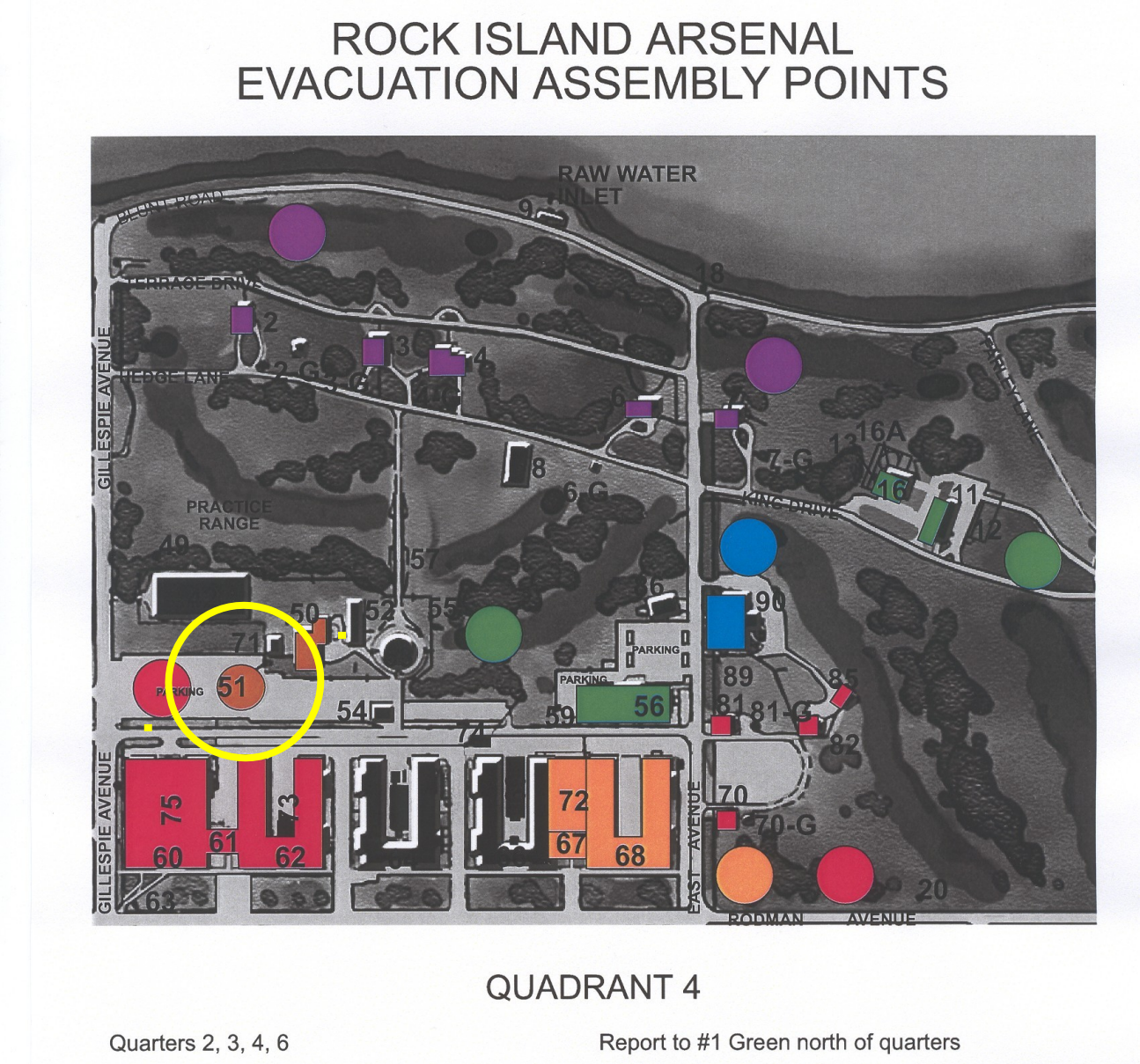
Fire Evacuation Update

62 Evacuation – New Location

Directly north of building 62, adjacent to the fence by building 51.

(small structure)

Bldg 62 Evacuation Assembly Point



POC Emergency Lists

- Incident in JMTC
- Update List
  - Spouse/Significant Other
    - Name
    - Home Phone/Work Phone/Cell Phone
    - Consider mentioning serious health concerns, possibly medications

National Drunk and Drugged Driving Prevention Month

- 3-D Month
- Every year, since 1981
- Proclamation from President Bush, signed 22 Nov 05
- Keep our Nation's roadways safe by making responsible decisions and taking appropriate measures to prevent drunk and drugged driving.

Facts from the CDC

- **Impaired driving will affect one in three Americans during their lifetime.**

- **In 2004 16,694 people died in alcohol-related motor vehicle crashes, accounting for 39% of all traffic-related deaths in the United States.**

Facts from the CDC

- An alcohol-related motor vehicle crash kills someone every 31 minutes and non-fatally injures someone every two minutes.
- Drugs other than alcohol (e.g., marijuana and cocaine) are involved in about 18% of motor vehicle driver deaths. These other drugs are generally used in combination with alcohol.
- Each year, alcohol-related crashes in the United States cost about $51 billion.

Facts from the CDC

- **Most drinking and driving episodes go undetected.**

- **In 2004, about 1.4 million drivers were arrested for driving under the influence of alcohol or narcotics.**

Groups at Risk

- **Male drivers involved in fatal motor vehicle crashes are almost twice as likely as female drivers to be intoxicated with a blood alcohol concentration (BAC) of 0.08% or greater.**

- **At all levels of blood alcohol concentration, the risk of being involved in a crash is greater for young people than for older people. In 2003, 25% of drivers ages 15 to 20 who died in motor vehicle crashes had been drinking alcohol.**

- **Young men ages 18 to 20 (under the legal drinking age) reported driving while impaired almost as frequently as men ages 21 to 34.**

Groups at Risk

- **Among motorcycle drivers killed in fatal crashes, 30% have BACs of 0.08% or greater.**
- **Nearly half of the alcohol-impaired motorcyclists killed each year are age 40 or older, and motorcyclists ages 40 to 44 years have the highest percentage of fatalities with BACs of 0.08% or greater.**
- **Of the 2,136 traffic fatalities among children ages 0 to 14 years in 2003, 21% involved alcohol.**

Facts from the CDC

- **Among drivers involved in fatal crashes, those with BAC levels of 0.08% or higher were nine times more likely to have a prior conviction for driving while impaired (DWI) than were drivers who had not consumed alcohol.**

- **2004 marked the first year that .08 blood alcohol content (BAC) laws have been enacted in all 50 states, the District of Columbia and Puerto Rico.**

National Drunk and Drugged Driving Prevention Month

- The period between Thanksgiving and New Year's one of the year's most deadly and dangerous seasons due to alcohol-related crashes.

Plan Ahead

- **Always** designate a sober drive
- **Don’t even think about getting behind the wheel of your vehicle if you’ve been out drinking**
- **If you are impaired, call a taxi – use mass transit – or get a sober friend or family member to come and get you**

Plan Ahead

- **Just stay where you are and sleep it off until you are sober**

- **Remember – Friends Don’t Let Friends Drive Drunk.**
  - **Take the keys**
  - **Never let an impaired friend leave your sight**

- **If you are hosting a party this holiday season,**
  - **Remind your guests to plan ahead / designate their sober driver**
  - **Always offer alcohol-free beverages during the event**
  - **Make sure all of your guests leave with a sober driver**

*This Holiday Season
If you Catch a Buzz,
Catch a Ride.

Other Familiar Slogans

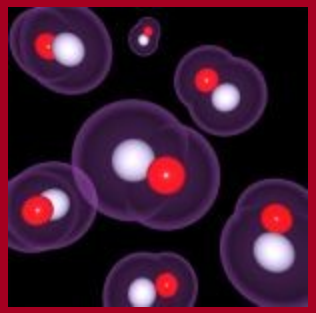
- **Friends Don't Let Friends Drive Drunk**
- **You Drink & Drive…You Lose**

RIA Plans

- 21 December – In Bldg 60 Cafeteria
  - IL State Trooper
- Sponsored by ASAP/EAP (x4357 for more info)

Carbon Monoxide

- **Carbon monoxide (CO)**



  - **A colorless, practically odorless, and tasteless gas or liquid.**

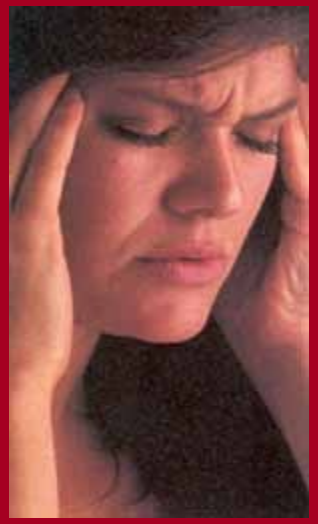
  - **Results from incomplete oxidation of carbon in combustion.**

Sources of CO

- Un-vented kerosene and gas space heaters
- Leaking chimneys and furnaces
- Back-drafting from furnaces, gas water heaters, wood stoves, and fireplaces
- Gas stoves
- Generators and other gasoline powered equipment
- Automobile exhaust from attached garages
- Tobacco smoke

Health Effects

- **At low concentrations**
  - **Fatigue in healthy people and chest pain in people with heart disease.**
- **At higher concentrations**
  - **Impaired vision and coordination**
  - **Headaches**
  - **Dizziness**
  - **Confusion**
  - **Nausea**
  - **Can cause flu-like symptoms that clear up after leaving home**
- **Fatal at very high concentrations.**



Levels in the Home

- **Average levels in homes without gas stoves vary from 0.5 to 5 parts per million (ppm).**
- **Levels near properly adjusted gas stoves are often 5 to 15 ppm**
- **Levels near poorly adjusted stoves may be 30 ppm or higher.**

Steps to Reduce CO Exposure

- Keep gas appliances properly adjusted.
- Purchase a vented space heater to replace an un-vented one.
- Use proper fuel in kerosene space heaters.
- Install and use an exhaust fan vented to outdoors over gas stoves.
- Open flues when fireplaces are in use.

Steps to Reduce CO Exposure

- **Choose properly sized wood stoves that are certified to meet EPA emission standards. Make certain that doors on all wood stoves fit tightly.**
- **Have a trained professional inspect, clean, and tune-up central heating system (furnaces, flues, and chimneys) annually. Repair any leaks promptly.**
- **Do not idle the car inside garage/enclosed area (even with door open). Check exhaust (muffler) daily for leaks.**

Cell Phone Usage

- **Title 32: National Defense**
  PART 634-MOTOR VEHICLE TRAFFIC SUPERVISION

  Subpart D-Traffic Supervision

Cell Phone Usage

- **3) *Driver distractions.* Vehicle operators on a DoD Installation and operators of Government owned vehicles shall not use cell phones unless the vehicle is safely parked or unless they are using a hands-free device. The wearing of any other portable headphones, earphones, or other listening devices (except for hand-free cellular phones) while operating a motor vehicle is prohibited.**

Cell Phone Usage

- **Use of those devices impairs driving and masks or prevents recognition of emergency signals, alarms, announcements, the approach of vehicles, and human speech. DoD Component safety guidance should note the potential for driver distractions such as eating and drinking, operating radios, CD players, global positioning equipment, etc. Whenever possible this should only be done when the vehicle is safely parked.**

Cell Phone Usage

- **More info to follow…**

Strokes

- A cardiovascular disease
- Affects blood vessels that supply blood to the brain

4 Types of Strokes

- **Caused by blood clots or other particles (ISCHEMIC); account for 70-80% of all strokes**
  - **Cerebral Thrombosis**
  - **Cerebral Embolism**
- **Caused by bleeding (HEMORRHAGE); higher fatality rate**
  - **Cerebral Hemorrhage**
  - **Subarachnoid hemorrhages**

Warning Signs of a Stroke

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking, or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

Strokes

- **Important for laypeople to recognize stroke and get immediate medical help.**
  - **A new drug has been shown to limit disability from strokes caused by clots (ischemic) provided victims receive it within three hours of the onset of stroke symptoms.**

How to Recognize "Stroke"

- **Ask the individual to SMILE**
- **Ask him or her to RAISE BOTH ARMS**
- **Ask the person to SPEAK A SIMPLE SENTENCE (Coherently)**
  - **(i.e. . . It is sunny out today)**
- **If he or she has trouble with any of these tasks, call 9-1-1 immediately**
- **Describe the symptoms to the dispatcher.**

Holiday Safety

Holiday Safety

- **<u>Decorations</u>**
- **Wear gloves while decorating with spun glass "angel hair."**
  - **It can irritate your eyes and skin.**
- **Follow directions when spraying artificial snow on windows or other surfaces,**
  - **Sprays can irritate your lungs if you inhale them.**

Holiday Safety

- **<u>Fireplaces</u>**
- **Do not try to burn evergreens or wreaths in the fireplace or in a wood stove to dispose of them.**
  - **Likely to flare out of control and send flames and smoke into the room.**
- **Do not burn wrapping paper in the fireplace**
  - **Often contains metallic materials which can be toxic if burned.**

Holiday Safety

- **<u>Toys and Gifts</u>**
- **Be especially careful when you choose toys for infants or small children.**
  - **Be sure anything you give them is too big to get caught in the throat, nose or ears.**
  - **Avoid toys with sm be pulled or broke**

Holiday Safety

- **Plants**
- **Many plants can cause severe stomach problems.**
- **Plants to watch out for include: mistletoe, holly berries, Jerusalem cherry, and amaryllis.**
- **Keep all of these plants out of children's reach.**

Holiday Safety

- **Older adults**
- **Select gifts for older adults that are not heavy or awkward to handle.**
  - **For persons with arthritis, make sure the gift does not require assembly and can be easily opened and closed.**

Holiday Safety

- **<u>Food and Cooking</u>**
- **Wash hands, utensils, sink, and anything else that has come in contact with raw poultry.**
- **Keep in mind that a stuffed bird takes longer to cook.**
- **Refrigerate or freeze leftovers in covered shallow containers (less than two inches deep) within two hours after cooking.**
- **Date the leftovers for future use**

Holiday Safety

- **<u>Alcohol, Parties and Driving</u>**
- **Be a smart party host or guest**
- **Be sensible about alcoholic drinks.**
- **Use designated drivers, people who do not drink, to drive other guests home after a holiday party.**

Holiday Safety

- **Stress**
- **The holiday season is one of the most stressful times of the year.**
- **Give yourself some relief.**
  - **Allow enough time to shop rather than hurry through stores and parking lots.**
  - **Plan to do a reasonable number of errands.**
  - **Avoid over-loading when carrying packages**
  - **Take time out for yourself.**

Baby It’s Cold Outside…

-ROOM
AURANT

Versoix

Versoix

Miscellaneous

- **Potluck TOMORROW – Remember FOOD SAFETY in preparation, serving, leftovers**

- **9 Dec 05 – Sent out “Winter Safety” tips**
  - **“Winter Safety” power point presentation**
  - **Safety Gram – Winter Walking and Pedestrian Safety**

Miscellaneous

- Always check: CPSC Home Page for recalls and product safety news

- In conjunction with I-Forces: Sam Splear will talk about Stress and the Holidays
  - 22 Dec 05 (Thursday) at BlackHawk Conf Rm
  - 0900 - 1030

Next Meeting

- 12 January 2005
- 0900
- Caisson Room

Questions?

Thank you!